

# Langtang Trek



## TRIP FACTS

Monastery visit, Rhododendron forest (flower; March/April), superb mountain views and glacier, hiking to Tserko Ri 5184m, picturesque Sherpa settlements, friendly people and many more ...

Trip duration:	8 Days
Maximum altitude:	5184m
Grade:	Moderate to fairly challenging
Starts in:	Kathmandu
Ends in:	Kathmandu
Accommodation:	Tea House (lodge)
Transportation:	Jeep/bus
Best Season:	Oct- Nov (autumn season)
Very good Season	Mar- May (spring season)
Good season:	Dec-Feb (winter season)
On luck weather season:	June-Sep (summer/rainy Season)

## ITINERARY:

### Day 01 Drive to Syabru Bensi

**Altitude: 1450M**

**Drive Length: 8 HOURS**

**Meal: Lunch, Dinner**

Today, we drive from Kathmandu to Syabru Besi which takes about eight hours on a public bus. We will continue our drive through scenic landscapes to Syabru Bensi passing Dhunche, the view of Ganesh Himal will surely make your journey worth a while. Some parts of the roads may be in bad condition so get ready for some bumpy ride.

### Day 02 Trek to Lama Hotel

**Altitude: 2480M**

**Drive Length: 5 HOURS**

**Meal: Breakfast, Lunch, Dinner**

Today the trail will be very interesting as we cross the Bhoté Khoshi river and gradually ascends up to the village of Bamboo, further away ascending we reach the village of Rimche. The Amazing Diversity of this place offers a huge number of Flora and Faunas. It is also the Home to Animals such as Red Panda as well as Snow Leopard.

**Day 03 Trek to Langtang village****Altitude: 3541M****Trek Length: 5 HOURS****Meal: Breakfast, Lunch, Dinner**

Today we continue our trek following the Gumanechok at Ghoda Tabela which literally means the Horse Stable. We ascend through the hilly terrain as we are welcomed by the amazing view of Mountains and the meadows. Following a moderate trail to the typical tamang village of Langtang. Langtang was affected by the earthquake but it is on its way for rehabilitation. We will explore the Culture of The Langtang Village during our stay at Langtang.

**Day 04 Trek to Kyangjing Gompa****Altitude: 3900M****Trek Length: 4 HOURS****Meal: Breakfast, Lunch, Dinner**

Today's trail will be more easy compared to the other days. On the way to Kyangjing Gompa, we can explore the famous cheese factory. This stunning vale is on the lap of the Langtang Lirung. We will be exploring the culture as we reach our destination.

**Day 05 Kyangjing Gompa Exploration Day / Tseku Ri Climb/ Kyangjing Ri Climb****Altitude: 5033M****Trek Length: 8 HOURS (Tseku Ri Climb)****Meal: Breakfast, Lunch, Dinner**

Today is a day to rest as we explore the area as we train our bodies for the days to come. We can also take a side trip to Kyangjing Ri (4,350 m), directly behind the village, for a breath-taking panorama of the Langtang peaks or we can also Tserkuri(5184m) which is the highest point of this trek. The Paranomic view of Ganesh Himal and the Langtang Peak will melt your senses for sure.

**Day 05 Trek Back to Lama Hotel****Altitude: 2480M****Trek Length: 6 HOURS****Meal: Breakfast, Lunch, Dinner**

We follow the same way back descending to Lama Hotel and Explore More.

**Day 05 Trek to Sybru Bensi****Altitude: 1450M****Trek Length: 6 HOURS****Meal: Breakfast, Lunch, Dinner**

Today, We will return Back to the same point where we had started the trek as well say goodbye to the beautiful mountains and meadows.

**Day 06 Drive to Kathmandu/ Hotel****Altitude: 1400M****Drive Length: 8 HOURS****Meal: Breakfast, Lunch**

Today, we drive back to Kathmandu from Sybru Bensi which will take 8 hours on a public bus.

**(NOTE: Since this information is a standard representation of what we provide, the above trip schedule can be customized as per your request and requirements.)**

## Cost Includes

- International and Domestic airport pickup service and drop service
- Trekking land transport as per mention in the itinerary
- Trekking conservation permit
- Trekking Register Certificate
- Equipped and insured trekking porter (one porter in between 2 person)
- Experienced and first aid trained license holder trekking guide
- Tea House accommodation during the trek in double occupancy
- All meals during the trek (B=breakfast, L=Lunch, D= Dinner)
- Sleeping bag (only if require)
- Government taxes and service charges

## Cost Excludes

- Drinks and Bar Bill (beverage/all kind of drink) in the tea house trek
- Helicopter evacuation/rescue in case of emergency
- Personal insurance
- Personal use trekking equipment
- Hotel in Kathmandu
- Tipping to guide and porter

## EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings
- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm ( down or fibre fill )
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night –sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees(down or fibrefill – or rent one in Kathmandu)
- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry); can get the one from Trekking Team office
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

## USEFUL INFO

General Trekking temperature in Spring season; trekking in Autumn is more cold

800- 2000m:

Day: 26 degree Celsius

Night: 8 degree Celsius

2000-3000m:

Day: 24 degree Celsius

Night: 4 degree Celsius

3000-4000m:

Day: 20 degree Celsius

Night: minus 4 degree Celsius

4000-5184m:

Day: 17 degree Celsius

**Trekking Guide we provide:** English speaking trekking guide, equipped and insured, flexible during the trek, sense of humour and friendly.

**Porter we provide (\*if needed):** Experienced for high altitude trek, equipped and insured, sense of humour and friendly.

**General minimum Tips for Guide and Porter (tipping in Nepal are not obligatory but always trekking staff they hope from you to have tips at the end of the trek and they always do their best make the memorable holiday in Nepal).**

**Important note:** Langtang is known as moderate trek; but we never know anyone can have health problem anywhere. So, I would like to request you come with good insurance which will even cover helicopter evacuation; I am sure you will not needed helicopter evacuation but just for in case.

**Meals that serve in mostly lodge/tea house:** Nepali, Indian, Chinese, Italian foods are available in the trekking meal; and you can order meal with looking into meal menu. Be vegetarian is best choice during the trek; meat item may not be good enough hygiene for your stomach. Mountains made food are just simple; do not expect high about the meal during the trek.

**Electricity facilities in trekking lodge:** Mostly place they have hydro power line but some place you will have solar power system. You will have battery charging facilities in mostly tea house; for these facilities you may need to pay some money (cost about USD 1 for 1 hour charge).

**Langtang trek; Room in Tea house:** You will have mountain hut (tea house accommodation). In this trek you cannot expect high room quality. Mostly time you will have common bath room. Lodge also offer solar hot water or gas hot water for the shower; service for extra payment.

**Hotel Accommodation in Kathmandu:** Trekking Team also sell hotel accommodation in different standard at suitable your budget; you can ask with us for the hotel booking.

**Financial Security:**

<https://trekkingteam.com/content/before-booking-a-trip/financial-security.html>